

# Make physical activity a part of daily life during all stages of life



**6 OUT OF 10**



people in the European Union over the age of 15 never or seldom exercise or play sports

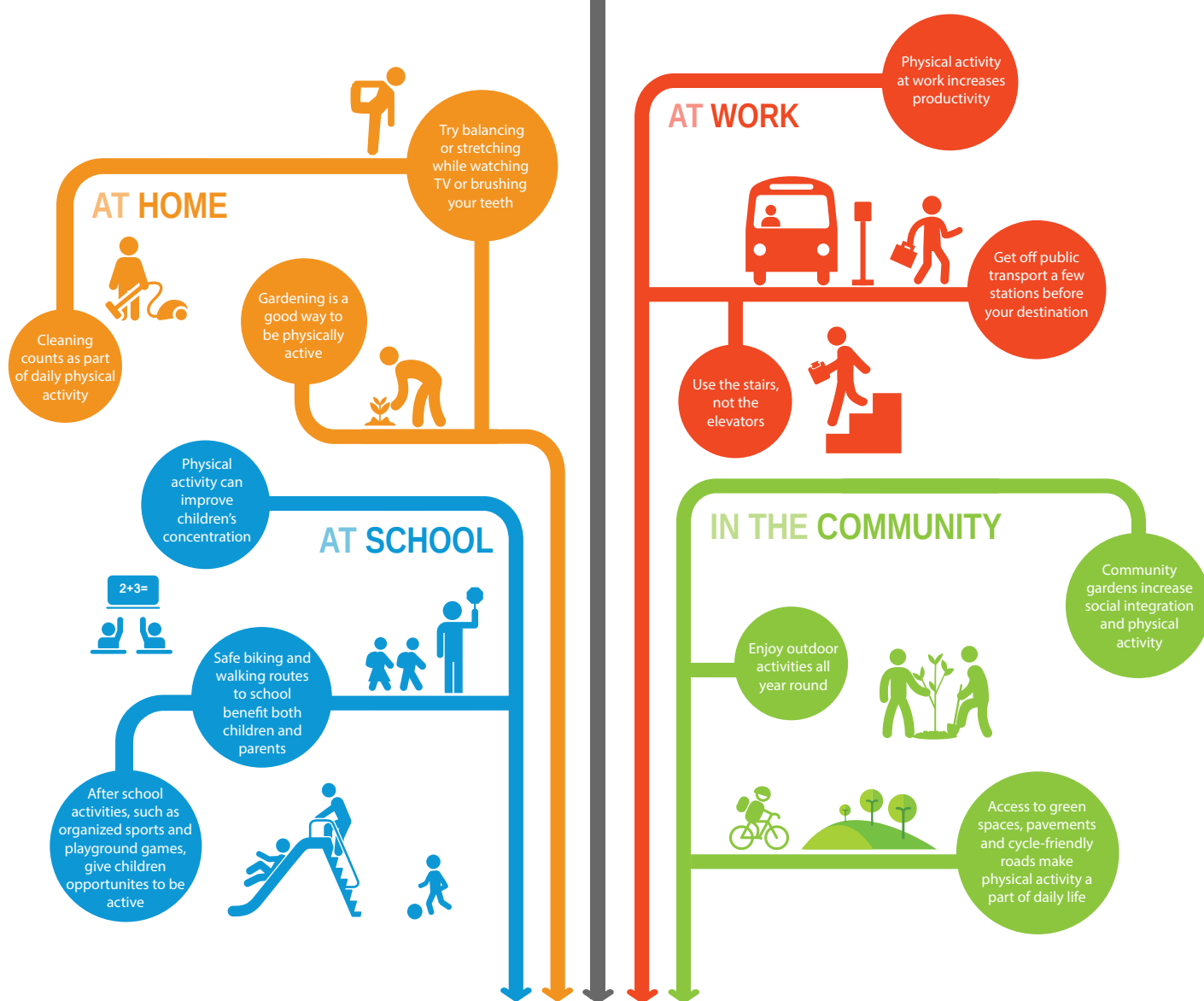
Every year in the WHO European Region, physical inactivity causes an estimated

**1 MILLION DEATHS**

WHO recommendations for moderate- to vigorous-intensity physical activity:

**150** minutes per week (adults)

**60** minutes per day (children)



**REGULAR PHYSICAL ACTIVITY THROUGHOUT THE LIFE-COURSE ENABLES PEOPLE TO LIVE BETTER AND LONGER LIVES**